











* American Red Cross Month * International Listening Awareness Month *
 * International Mirth Month * Irish-American Heritage Month *
 * Music In Our Schools Month * National Caffeine Awareness Month *
 * National Frozen Food Month * National Nutrition Month *
 * National Women's History Month * National Kidney Month *

March 2009

Take a **fresh**
look at
nutrition



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National School Breakfast Week (3/2 - 3/6)						
1  National Pig Day	2  Read Across America Day	3  Peace Corps Day	4 ■ National Grammar Day	5 Start your day off right by eating breakfast!	6 ■ Middle Name Pride Day	7
Iditarod Trail Sled Dog Race (3/7 - 3/15)						
8 ■ Daylight Saving Time Begins	9	10	11 ■ Registered Dietician Day	12	13 ■ Earmuffs Patented: 1887	14  International Ask A Question Day
National Agriculture Week (3/15-3/21)						
15 Ides of March	16 ■ Freedom of Information Day	17  St. Patrick's Day	18	19  Absolutely Incredible Kid Day	20  National Agriculture Day  Spring Begins	21 ■ Full Moon
National Cleaning Week Week (3/22 - 3/28)						
22 ■ United Nations: World Day for Water	23	24 ■ National Diabetes Association Alert Day	25	26 ■ Make Up Your Own Holiday Day	27	28  Start planting your school garden!
29 ■ Dow Jones Tops 10,000: 1999	30  Doctors' Day	31				